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BEAUTY & HEALTH

Get Ready for Prime Time with the Next Generation of Dermal Fillers



By Mark S. Nestor, Ph.D. and M.D.

IN MANY ASPECTS OF LIFE, we get better with age. One notable exception to this adage can be our skin. It is unfortunate that during the prime of their lives many people begin to notice the loss of fat and volume, as well as fine lines and facial wrinkles that make them look older than they feel.

The good news is that due to advances in the field of aesthetic medicine there are many options for those who want to make their appearance more accurately mirror their youthful spirit. Over the past few years, a new generation of injectable dermal fillers have become available, offering more nonsurgical options to reduce the signs of aging than ever before.

Dermal fillers are substances injected into the skin that can reduce lines or wrinkles, replace the volume that we lose as we age, or plump up the lips. Because they are noninvasive and provide immediate results with no down time, they are particularly attractive to people who do not want to deal with a long recovery time.

The most popular dermal fillers are made from hyaluronic acid, a natural substance made by the body. They are very safe and, if necessary, can be simply dissolved at any time.

New dermal fillers available today include Perlane, which was approved by the FDA in 2007 and is made by the same company that developed Restylane. This dermal filler is used to replace lost tissue volume and wrinkles. In addition, Radiesse is a relatively new FDA-approved filler, used to fill in the nasolabial folds, or smile lines, which can provide dramatic results that often last almost twice as long as other products.

As we get older we naturally lose fat and volume around the mouth and in the cheeks. The new generation of fillers such as Perlane or Radiesse can replace lost volume instantly and can remain in place for more than a year. They can also be used to act as a non invasive chin implant or to reshape the nose.

Juvederm is another longer-lasting dermal filler. It is made by the same company that developed Botox, and is used to add volume to the lips and fill in wrinkles. Lip enhancement is a very popular procedure and fillers such as Juvederm can be used to enhance or enlarge the lips or simply to replace volume lost as we age.

Adding these to the list of more traditional dermal fillers, including Restylane and collagen replacement therapy, you can see there is a vast array of options. Each of these products is effective; an experienced dermatologist or plastic surgeon can assess which one is best for you depending on your individual needs and desired results.

At the Center for Cosmetic Enhancement we provide customized treatment plans for each patient. We often find that applying a combination of dermal fillers with laser or tightening procedures as well as Botox injections can yield dramatic results with little or no downtime. SA

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**Dermal Fillers**

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